

# HOSPITAL GO BAG CHECKLIST



## DOCUMENTS & ESSENTIALS

- ☐ Insurance cards/IDs
- ☐ Copies of the birth plan
- ☐ Phone charger/power bank(s)-- get a really long cord (like 10ft)
- ☐ Credit card
- ☐ Cash (parking, vending machines, etc.)
- ☐ Emergency contact information
- ☐ Medications

## COMFORT & SUSTENANCE

- ☐ Snacks (nuts, energy bars, things that won't spoil)
- ☐ Reusable water bottle
- ☐ Comfortable daytime clothes for 2-3 days
- ☐ Underwear/socks
- ☐ Comfortable sleepwear/pajamas
- ☐ Slippers/house shoes
- ☐ Comfortable walking shoes
- ☐ Pillow (in colored pillowcase)
- ☐ Blanket
- ☐ Earplugs

## PERSONAL CARE

- ☐ Toothbrush/toothpaste
- ☐ Deodorant
- ☐ Bodywash/soap
- ☐ Comb/hairbrush
- ☐ Any other personal hygiene items (razor, skin care, beard care, etc.)

## ENTERTAINMENT & DOWNTIME

- ☐ Laptop/charger
- ☐ 1-2 Books
- ☐ Downloaded TV shows and/or movies
- ☐ Earbuds/headphones

## EMOTIONAL SUPPORT

- ☐ Small notebook/journal and pen(s)
- ☐ Comfort items (favorite tea, coffee, etc.)
- ☐ Downloaded playlist
- ☐ Photos/mementos

## FOR BABY

- ☐ Camera/phone with extra storage
- ☐ Going home outfit (Newborn and 0-3 month)
- ☐ Car seat installed and checked